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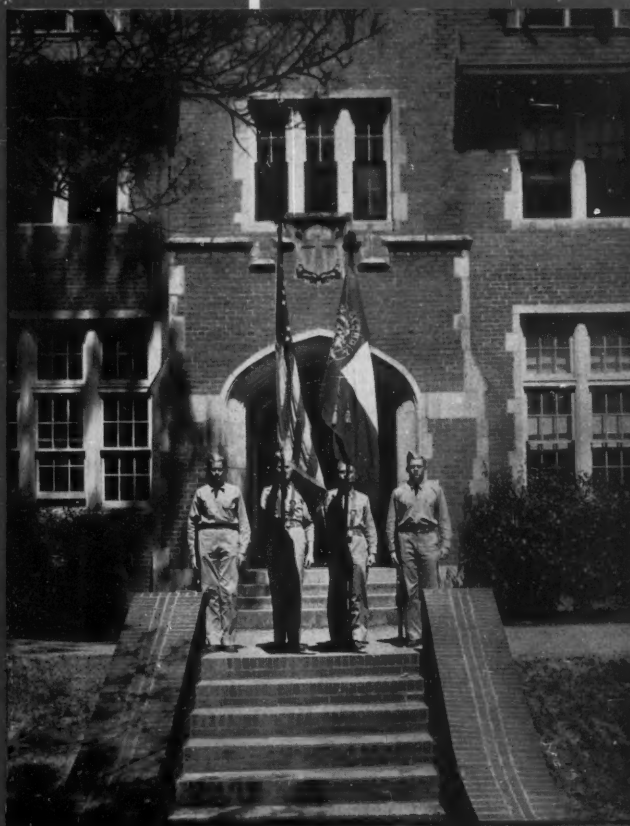
Volume VI

A Magazine for Coaches, Players, Officials and Fans

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Physical Training in the A. S. T. P.

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Southern Schools

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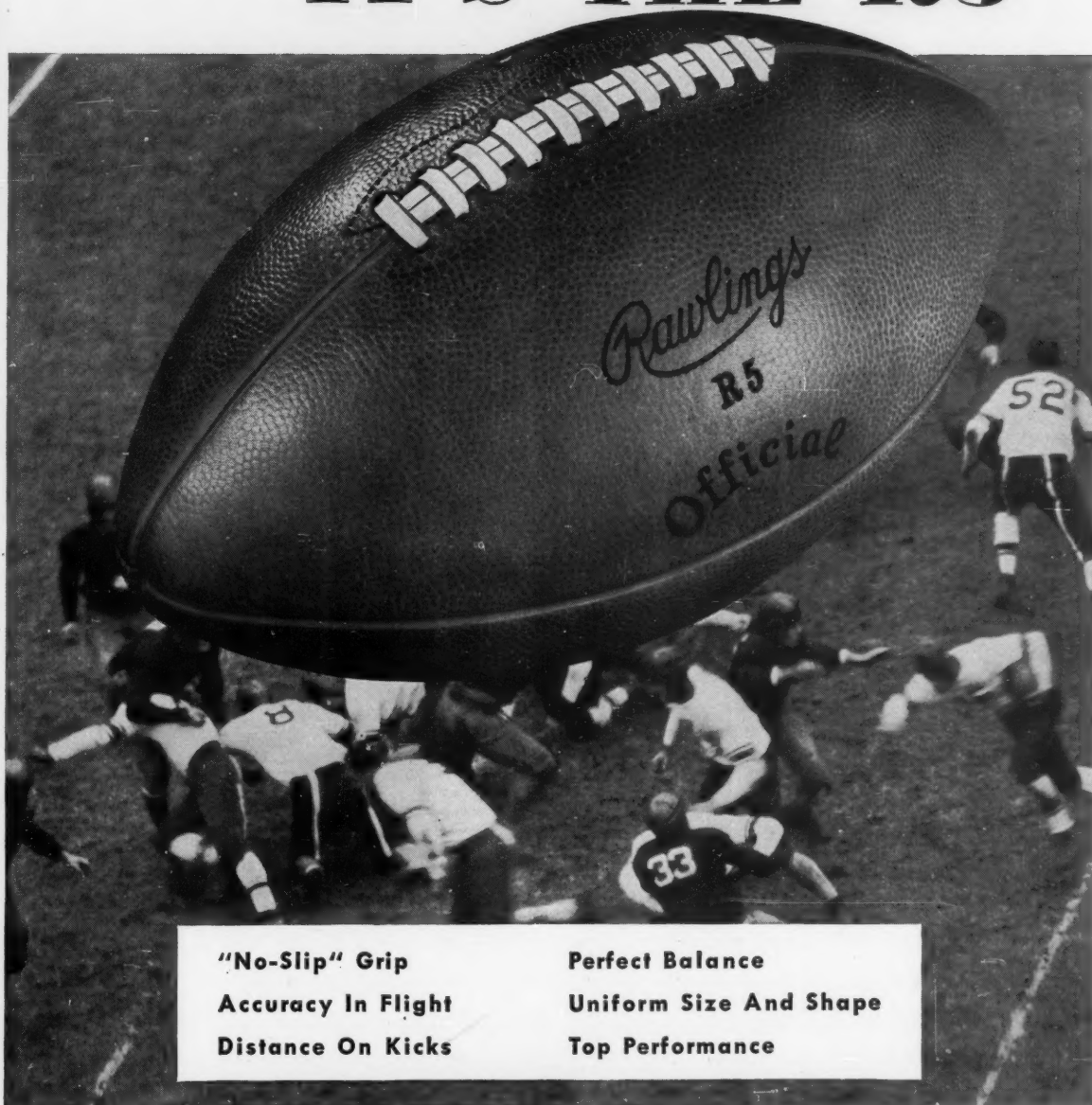
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A Magazine for Coaches, Players, Officials and Fans



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Volume VI

SEPTEMBER, 1943

Number 1

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TUNE IN

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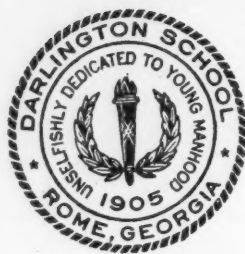
SPALDING SETS THE



PACE IN SPORTS



Dr. C. R. Wilcox, President



SOUTHERN DARLINGTON

Rome, Georgia

By DR. THOMAS CUTT
Head of Foreign Language Department

IN somewhat less than forty years, Darlington School, at Rome, Georgia, has grown from a small local day school to one of the South's leading preparatory schools with students from almost every state in the Union and from several foreign countries. Darlington has long since been a fully accredited institution, a member of the Southern Association of Colleges and Secondary Schools, the Mid-South Private Schools Association, and the Southern Association of Private Schools, its graduates being admitted without examination to all colleges and universities that admit by certificate.

The school had its origin in the inspiring influence of a brilliant young teacher, Joseph James Darlington, who went to Rome in 1872 to teach in the Proctor School for Boys. Mr. Darlington's fine Christian character, his liberal idealism, his sound scholarship, and his youthful manliness made a strong impression upon his students, and especially upon one, John Paul Cooper. The boy Cooper later became a successful and prosperous business man. As his experience ripened, Mr. Cooper cherished more

and more the high ideals he had received from Mr. Darlington, and when he retired from business he conceived the idea of founding a school based upon those ideals.

Thus it was that, in 1905, Mr. Cooper and his wife, Alice Algood Cooper, invited some of their friends, especially those who had been students under Mr. Darlington, to join with them in founding a school which should be a monument to his memory. Mr. Cooper's own account of the founding of the school is as follows: "The founding of Darlington



Above: Home-on-the-Hill, residence of the President.

Below: Darlington School as viewed from the air.



On the city's southern border
Reared against the sky
Proudly stands our alma mater
As the years roll by.

Forward ever be our watchword,
Conquer and prevail.
Hail to thee, our alma mater,
Darlington, all hail!

SCHOOLS

SCHOOL

Georgia

was promoted by a wish in the minds of some of Mr. Darlington's old pupils to perpetuate in the town those lofty ideals he represented and the character for which he stood; and also to perpetuate in the school the dominant note of his attitude toward the pupil. He was not content with scholarship—that was demanded as a matter of course—but he held himself bound to make strong, manly, and honorable men of those pupils who should come under his care."

To insure for the future the liberal spirit of the

founders, the first board of trustees wrote into the charter of the school two basic stipulations: that no individual or group should derive any financial profit from the operation of the school; and that no denominational, private, or political interests should limit or interfere with its usefulness.

The organization of the new school was entrusted to the capable hands of James Ross McCain, now president of Agnes Scott College. Dr. McCain was at that time just beginning his graduate work at the University of Chicago, but, with the unflagging courage and zeal for which he has since become well known, he

(Continued on page 8)



HEADMASTER E. L. WRIGHT

Campus view of Darlington School





Main building, as viewed from across the lake.

Southern Schools

(Continued from page 7)

not only carried on his own studies but also established Darlington School on sound educational principles, did much of the classroom teaching, and even found time to coach the first football teams himself. During his ten years as headmaster, Dr. McCain firmly implanted the ideals of good scholarship, Christian living, clean sportsmanship, and gentlemanly conduct, which have characterized the school ever since.

Darlington soon began to enjoy a high reputation among the citizens of Rome and its vicinity. By 1921 the board of trustees decided to enlarge the scope of the school beyond its local limitations, and to head the program of expansion they envisioned, they appointed Dr. C. R. Wilcox president. Dr. Wilcox, supported by Headmaster E. L. Wright and the many friends of the school, has succeeded in building the Dar-

lington of today, and is now eagerly planning the Darlington of tomorrow.

As the first step in the expansion program, the school was enlarged to include facilities for boarding students and removed from the city of Rome to DeSoto Park, some two and a half miles south of the city on the Taft Highway. This location is unique. The central feature of the campus is the beautiful DeSoto Lake which nestles at the base of a spur of the Lookout Mountain foothills, whose pines form an evergreen background for the ivy-clad school buildings ranged along the lakeside. Thus Darlington enjoys the advantage of easy access to a thriving, progressive city of 30,000 population and at the same time the stimulating effect of proximity to the lake, the hills, the trees, and the great outdoors. Altogether the school property now comprises approximately 175 acres. Much of this land is woodland, ideal for hiking, nature study, camping, and other outdoor pursuits. The school utilizes many acres for the operation of a farm, complete with large truck gar-

den, poultry yards, and dairy, which provides the dining hall with fowl, fresh vegetables, and an abundance of pure milk. The water supply is furnished by several beautiful springs located on the campus and is purified by a modern chlorination system.

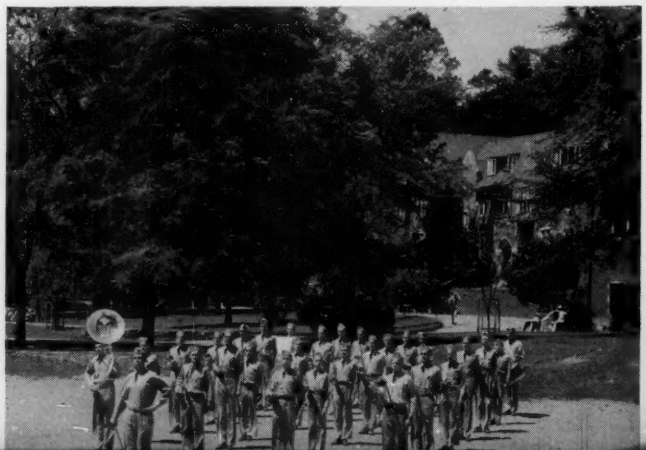
The campus reflects the keen interest in athletics typical of Darlington students. At various places on the inner campus are tennis and badminton courts, a baseball diamond, the gymnasium, and two football practice fields. The lake offers an attractive and convenient place for swimming, boating, and fishing, interest in which is enhanced by the beauty of so natural a setting. Across the highway is the Varsity football field and, adjoining it, the Lanier House, which contains dressing rooms, showers, and lockers for athletic teams, as well as storage space for athletic equipment.

Most of the school buildings are grouped around the lake. The center of student activities is the Main Building, which has the library, assembly hall, and some classrooms on the first floor, with dormitory quarters on the second and third. Connected with Main by a foyer is the Dining Hall, a large, vaulted room with small tables which accommodate small groups of boys and are presided over by masters, thus providing an intimate, home-like setting for the daily meals. South of the Main Building and connected with it by a covered portico is South Hall. This building has additional classrooms and the science laboratories on the ground floor, while the upper floors provide the senior dormitory quarters. Further south along the lake is Sydenham Hall, which contains the administrative offices on the ground floor with the Howell Infirmary on the second. The infirmary is one of the best in the South.

French memorial guest house



A forty-piece band adds color and spirit to every occasion.



*Coach M...
to right.*

Ned, son of...

Beyond Sydenham Hall is the Guest House, the center of social life on the campus and an inviting lodge for visitors and guests of the school. The home of the president, a well preserved colonial structure, is across the lake atop one of the hills overlooking the water. At the north end of the campus is the McCain House, home of the headmaster and of several of the faculty. Most of the other members of the faculty live in apartments in the dormitories. Thus students and faculty live together in the intimate daily contact which has given rise to the phrase "the Darlington family" frequently used to describe the general atmosphere of the school.

In the words of the present headmaster, "Darlington believes in teaching boys as well as books, and in the development of Christian character as the chief function of education." The latter purpose is translated into fact by an active student Y. M. C. A. organization and an honor system supervised by a student Honor Council. So successful is the honor system that the student body as a community resents

infractions of the honor code, thus setting up a group ideal toward which the individual student is impelled to strive. The "Y" Cabinet arranges the devotional exercises for the daily assemblies and for the regular Sunday evening vesper services, which are conducted, as far as possible, by the students themselves.

VARIED ACTIVITIES

As is implied by the phrase, "boys as well as books," Darlington gives each student the greatest possible scope for individual development following his own bent. Besides a flexible athletic program and a broad academic curriculum, there is a wide choice of activities. Boys are encouraged to develop their own hobbies, making model aircraft, shop work, stamp collecting, woodcraft, etc. Group activities are provided for a wide range of tastes: band, glee club, debate team, camera club, art club, wilderness club, dance committee, and school journalism. The Knights of the Grail is an organization of student leaders which sponsors such civic movements as the selling of Christmas Seals and War Stamps. The D-Club, consisting of

all Varsity lettermen, promotes good sportsmanship. The Senior Forum is a group whose purpose is the better understanding of current problems through organized discussion.

The war has not caused Darlington to lose sight of its fundamental purposes—the mental, spiritual, and physical development of young manhood for its own sake, but at the same time the school has entered whole-heartedly into making a specific contribution to the war effort. Besides the traditional preparatory

(Continued on page 24)



COACHES C. E. SAMMONS AND
H. C. MILLIGAN

Coach Milligan with the nucleus of the 1943 Tigers. Left to right: Ebersole, tailback; Cunningham, wingback; Todd, fullback.



Below: Ready for an afternoon swim in the Darlington lake.



Below: Industrial Arts Shop.



Ned, son of Col. Smith, U.S.A., begins his aviation career at Darlington.



Physical Training in the Army Specialized Training Program



ELTON E. WIEMAN

Before assuming his present post, Mr. Wieman was head coach at Princeton University. He began his coaching career at Michigan University, where he graduated in 1921. He was very versatile as a player at Los Angeles High School and at Michigan, playing end, tackle and fullback on the football team and also participating in basketball and track. He was elected to the Phi Beta Kappa Society and was awarded a Conference medal for outstanding proficiency in scholarship and sports.

He served as line coach at Michigan from 1921 until 1926, head coach in 1927 and 1928, and assistant athletic director from 1923 to 1929. In 1929 he was line coach at Vanderbilt. The following two years he was line coach at Minnesota, moving on to Princeton with Herbert O. Crisler in 1932. In 1938 he succeeded Mr. Crisler as head coach.

Mr. Wieman was Secretary-Treasurer of the American Football Coaches Association in 1929. He served in the Air Corps in World War I.

Prepared for Southern Coach and Athlete

by

E. E. (TAD) WIEMAN

Chief, Physical Training Section,
Army Specialized Training Division,
Army Service Forces.

THE realities of war have restored to the human body the place of importance it once occupied as a durable, efficient machine. As Gen. Montgomery of the famed Eighth British Army so aptly stated, "All history records that the army that can last the longest, endure the most, is the army that has won every war." There can be no argument, therefore, about the urgency of physical fitness in any training program for soldiers.

At the inception of the Army Specialized Training Program, while discussing plans for the administration of physical training, the writer made three predictions:

(1) That if the Army relied on the trained experts already affiliated with the colleges to conduct the physical training program, the job would be well done.

(2) Physical educators and coaches would welcome an opportunity to use their talents, training and skills to aid in the training of these groups of soldiers.

(3) As a group, coaches and physical educators would look upon the assignment as a challenge to their professional skill and efficiency and would accept it with eagerness and enthusiasm.

Results to date have more than justified these predictions. At the conclusion of the first twelve-week term, ending July 3, 1943, reports from five representative institutions in which the program was launched last April indicated an improvement in physical efficiency, as measured by prescribed physical efficiency tests, that was most gratifying. These five typical units provided a sampling of slightly more than 1,000 trainee records for study. Average performances of these 1,000 men in

the pre-tests and in the post-tests were as shown below.

In test events 1, 2, 3 and 4, the performer repeats the exercise until he can no longer continue. Thus, these four events measure, roughly, the muscular tone, strength, and endurance of the performer. The average improvement in these four events was 26 per cent.

Test events 5, 6 and 7 are scored against time, and provide an index to the coordination, speed and cardio-respiratory endurance of the individual. The average of 10 per cent improvement recorded in these events is highly satisfactory.

OBJECTIVES

The first objective of the physical training program is to develop in the trainees those qualities, capabilities and reflexes associated with first-class physical condition in order that they may be prepared for the arduous duties which await them upon their return to troops.

A second objective is the teaching of certain fundamental skills essential either to safety or to effective performance in modern warfare.

A third objective is to instill in the minds and hearts of the men an aggressive, fighting spirit. Physical condition and skill must be motivated by a will to win if it is to result in maximum effectiveness. To this end the program is developed along competitive lines. Individuals compete with each other. Squads and platoons are pitted one against another, and such other competitive groups as can be arranged within the units are urged to go all out in their efforts to win. The trainees must learn that they still can keep going after they have become tired, that they can get up again after they have been knocked down, and that they can carry on even after minor injury.

If our men learn through their competitive sports, first, what it takes to win from a strong opponent, and second, what it takes to lose in a given contest without loss of cour-

	Pre-Test Mar. 31- Apr. 12	Post-Test June 14- July 3	Gain in Perform.	% Gain in Perform.
1. Push-ups	19.73	23.65	3.92	20
2. Squat-jumps	30	36.98	6.98	23
3. Sit-ups	33.9	45.44	11.51	34
4. Pull-ups	6.25	7.94	1.69	27
5. 100 yd. pick-a-back	27.35	24.26	3.09	11
6. Burpee—20	10.04	11.48	1.44	14
7. 300 yd. run	45.41	43.60	1.81	4

age or confidence or ambition, they will have learned two of the most important things they ever will learn.

Thus, although the army trainees, because of a lack of time, have scored their last touchdowns for the duration, for Alma Mater, they will be getting the training that will enable them to carry the ball against the teams coached by Hitler and Tojo, and the touchdowns scored in these contests will be cheered by even greater crowds.

Still another purpose of the physical training program is to provide a sound, sane and wholesome counterpoise to the highly accelerated schedule of academic study that is involved in the program. The Army Specialized Training schedule prescribes 53 hours of work in the classroom, laboratory or study room, exclusive of physical training. To carry through an academic schedule of this kind, healthy young men require the tonic of regular physical exercise.

THE PROGRAM

These objectives are attained through a balanced, six-hour per week program covering a wide range of activities. Following a preliminary orientation period, devoted to general conditioning, testing, and classifying, trainees rotate among the following four basic areas of special training:

1. Aquatics.
2. Combatives.
3. Gymnastics and Obstacle Racing.
4. Team Sports.

Each man receives training in all areas before his course is completed. In each area the daily program begins with a brief period of conditioning exercises followed, whenever practicable, by a short run. The purpose of these exercises is to give the men a fundamental training in body control, good posture in every sort of movement, and the ability to respond instantly and accurately to the spoken command. It also serves as a warm-up in preparation for the more strenuous activities that follow.

AQUATICS

As everyone knows, the ability to swim has become a primary factor in the personal safety of present-day soldiers. Because of this, non-swimmers are assigned to swimming classes immediately. One institution reported that in its first contingent of men only 56 per cent were able to swim but that after a term of instruction, 97 per cent had mastered the technique. All strokes are taught,

(Continued on page 22)



A.S.T.P. trainees at Texas A. & M. on a cross-country run.



A typical scene during the physical training period under the A.S.T.P. at Drexel Institute of Technology, Philadelphia. Note the wide variety of sports activities—boxing, wrestling, football, relay racing and soccer.



Trainees at Massachusetts Institute of Technology mastering the breast-stroke in a regular swimming class. (Photos by U. S. Army Signal Corps)

Diagram 1

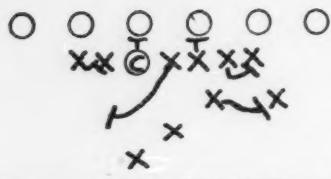


Diagram 2

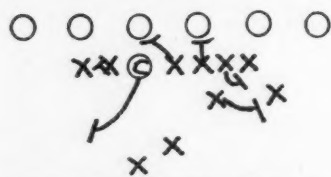


Diagram 3

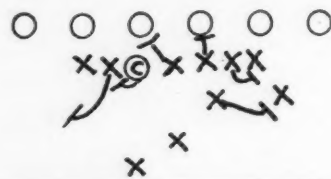


Diagram 4

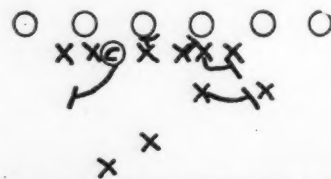
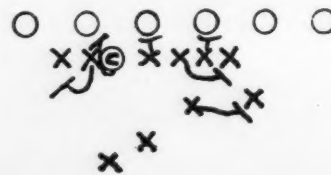


Diagram 5



PASS PROTECTION FROM A SINGLE WING BACK

By FRANK HOWARD

Athletic Director and Head Football Coach, Clemson College

ABOUT this time every year most football coaches start thinking about what they are going to do during the coming season. Under present conditions, I believe we should all make our plans for this fall as early as possible. All of us are going to be coaching under a good many difficulties and if we get everything straight in our minds at an early date, I believe we will be able to do a better job with the boys we will have on our squads.

In considering football, I usually think of it in regard to (1) the *running* game, (2) the *punting* game, and (3) the *passing* game. In considering the passing game, I always think about (1) the passer, (2) the receiver, and (3) the protection. I believe it is going to be even more important this season to have good protection for our passers. Most of us are going to be rather handicapped with smaller and less experienced squads than we are accustomed to having. We started football practice in July and so far I have found only one boy who looked like he could throw the ball. It is going to be necessary to give this boy good pass protection if we are to have any resemblance of a passing attack this year. For this reason, I have thought of pass protection a good bit lately and will attempt to tell you a little about how we protect for our passing.

For the past 16 years I have either played on teams using a single wingback or have coached the single wingback, and will therefore attempt to show the pass protection from a single wingback. I have found that the most common defenses against a single wingback are the ones shown in diagrams 1, 2, and 3, or the ones shown in diagrams 4 and 5. For this reason my discussion will more or less concern pass protection from a balanced six-man line defense or an over-shifted six-man line defense. In addition to these two defenses, we sometimes have a five- or seven-man line played against us. Some teams will play a six-man line with the two guards playing in gaps instead of in front of men.

One of the first things we try to impress on our blockers, when they are protecting for a pass, is that they want to let the defensive man show

Coch Howard was one of Alabama's great linemen. He played guard on the 1931 Rose Bowl team. He served as line coach under Jess Neely from 1931 until 1940, when he succeeded Neely as head coach. He also coaches baseball and is now directing the physical training program for the Army trainees at Clemson.

himself before trying to block him. It does not matter a great deal if an offensive man has to give two or three yards in his own backfield. The important thing is to keep your feet and keep contact with the man you are trying to block. In blocking for a pass we always begin with a shoulder block. It is also a good idea for an offensive man to block high when he is blocking. By keeping your head up and your buttocks down you will have much better balance and will be able to keep contact and follow the man you are blocking.

You will notice that we usually have different assignments in our line. Ordinarily, we have plenty of time to teach all this, but with inexperienced boys we might do well to concentrate on the protection as shown in diagrams 1 and 4. I believe it would be a good idea to have different assignments if you have the time to get them across to the boys you are coaching.

In diagram 1 you will notice that the left guard is responsible for the right tackle. To make this block the left guard steps back with his left foot, holding his right foot in place. As the tackle advances, the guard makes sure that he cannot break between him and the center. In other words, I want the left guard to keep the inside closed and make sure that the tackle goes to the outside. The left guard then blocks the tackle with his right shoulder and forces the tackle wide. In making this block, the left guard should always keep his feet moving and use his shoulder to block.

It is permissible for him to use a body block only as a last resort. In diagram 1, the man having the hardest block is the center. To begin with, he has his head down and is not in a good position to block. To make this block the center snaps the

(Continued on page 21)

National Federation H. S. Football Rules for 1943

By H. V. PORTER

THE 1943 football code contains many new aids in the way of tables and diagrams. In some cases actual rule provisions are arranged in the form of a table so that facts may be easily observed. In other cases, tables and diagrams are used as a summary of facts which appear in the related rules. A study of these summaries will often give a thorough understanding of an entire section of the rules.

The diagram on the front cover of the book is a synopsis of football fundamentals. In a sense, this diagram is "Football fundamentals in a nutshell." The game is divided into four time-periods and a few fundamental statements cover most of the problems which may arise in any one of these periods. As an illustration, the time during which the ball is being put in play (by snap or free-kick) is designated as time-period 1. The fouls which may occur during such period and which are definitely related to putting the ball in play result in a five-yard penalty, the ball always remains dead because it is not considered as having been properly put into play, and no foul by B results in an automatic first down for A. In the past, it was not possible to make any general statement about these acts because there seemed to be no consistency in the way in which they were handled. Learning the different provisions was a feat of memory. In a similar way, there are a few fundamental statements which apply to each of the other three time-periods, and if these fundamentals are mastered the remaining study of the rules becomes less complicated. An illustration is in connection with time-period 3, i. e., the period which is named "Not from scrimmage." Such a time-period does not occur in every down. It occurs when there is a free-kick and also when B gets possession before the end of the down. All enforcement provisions which apply to a down which is started by a free-kick are the same as those which apply after B gets possession. In past years, this was not the case and it was necessary to remember a set of enforcement provisions which applied during a down started by a free-kick and a different set of provisions which applied after change of possession. The Federation code has introduced a degree of order and consistency in these matters so that administration of the

rules is largely dependent on logic rather than on sheer memory.

Certain sections have been slightly modified in order to eliminate unnecessary complications which were encountered in the past. An illustration is in the method of administering the fair catch rules. The fair catch occurs so seldom that there was a growing feeling that the retention of the right to make a fair catch was not important enough to balance the complicated provisions which were necessary in connection with it. Statistics indicate that a fair catch occurs only once in 36 games and a free-kick follows a fair catch only once in 249 games. A field goal is scored on a free-kick following a fair catch only once in 12,000 games. Since the primary purpose of permitting the fair catch is to give a team a chance for a field goal, the act does not appear to be very important. However, the rule complications which might occur during a fair catch were numerous when administered according to the rules of former years. Most of these rule complications have been eliminated by a slight change which makes the ball dead as soon as a catch has been made following a fair catch signal. Under such circumstances, there is no possibility of a fumble or of a run of three steps or more following the catch, since the ball is dead as soon as caught. Subsequent action is merely action between downs and is in the same class with an attempt by any runner to advance the ball after it has become dead.

Another slight change makes it impossible to make a fair catch in an end zone. The chance of this happening has always been very remote and under the present kick rules there could be no good purpose served by attempting such a catch. The penalty for fair catch interference in the scrimmage zone is now enforced from the previous spot. It is thus made consistent with all other fouls which occur during a loose ball. If the receivers decline the distance penalty of 15 yards from the previous spot, they are awarded a fair catch at the spot of the interference.

Another illustration of consistency is in connection with an intentional forward pass incompleteness. Such incompleteness is merely one form of an illegal pass and the penalty is the same as for any other illegal pass, i. e., 5 yards from the spot of the

pass and loss of down. The complicated forward pass summary which was necessary a few years ago has now been reduced to only a small fraction of its former length. The penalty for all fouls during a legal forward pass is now from the spot of the snap and the penalty for all illegal passes is from the spot of the pass. Hence there are only two possible spots of enforcement (see summary on page 56).

The freak touchdown which sometimes resulted through player confusion when a free-kick came to rest in an end zone is now only a remote possibility. It cannot occur unless a bat or muff of the free-kick is a new impulse. In this respect, a free-kick is now treated exactly the same as a kick from scrimmage. Of course, if the new impulse should be a bat, such act is a foul for batting a kick.

Another modification in the kick rules is in connection with a kick from scrimmage which crosses the line and then rebounds behind the line. Under such circumstances, the kickers may recover behind the line and advance the same as if the kick had not crossed the line. It is now possible to govern all such acts by the statement that any kick which is recovered behind the line may be recovered and advanced by either team.

Under the new code, a forward pass incompleteness is not listed as a foul. This does not make any difference in actual playing procedure but is merely a question of wording. In former years, it was necessary to consider an incompleteness a foul because there were a number of types of incompleteness, i. e., a pass was considered to be incomplete if it touched the ground or if it was touched by an ineligible player or if it was the second pass during a down and was caught by the passers. Some of these incompletenesses constituted offsetting fouls and hence had all the earmarks of a foul. These provisions have now been modified so that the touching of a pass by an ineligible player is merely a form of interference (not an incompleteness) and the throwing of a second pass during a down is now considered legal. For these reasons, there is no longer any object in considering an incompleteness a foul. Such act is merely the natural ending of a down.

Several other slight modifications have been made in the code but most

(Continued on page 21)

EARLY SEASON DRILLS

By **CLAUDE SIMONS, JR.**
Head Football Coach, Tulane University

WITH football uncertain as to the difficulties that must be encountered, namely, transportation, lack of manpower, scholastic work, that is, late laboratory periods, etc., this year of all years

the practice period must be short, snappy and well planned.

Here at Tulane we plan to continue football, aided by the Naval students in the college V-12 program. They carry quite a heavy scholastic load plus other "musts" such as swimming and drills, so the real problem is to accomplish as much as possible in the shortest period of time. At this writing we are working on a schedule of one hour, the period being 4:30-5:30. In this hour must be crammed more work than in the past, when we used one and one-half or two hours. When I say "more work," I mean it from this standpoint: we have in most instances boys without freshman ball or spring training, thus necessitating starting from the bottom up.

With the above in mind, it is necessary that we have our schedule for each afternoon well planned. Particularly in this early season work it is chiefly with the aid of various drills that we are able to accomplish much along the line of fundamentals in passing, running, blocking, etc.

Now for some drills that we use for the linemen and backs:

First, we know as far as defense is concerned, the best thing a lineman can do is to charge hard and quick. A drill for this is to line the men up and charge on the snap of the ball (diagram No. 1). We have men count various types of cadence. It also tends to help linemen from being off side.

Diagram No. 1.

Also, to keep the center on his toes, we tie in another drill to keep him working and not to become careless in his snapping of the ball back to the backs. At the snap of the ball, a man in front of the center tries to pull him forward, or to the side, or just drives straight over him. We have found it helps the center to deliver the ball correctly under pressure, to have him assume the correct charging or blocking position, and to keep his head up.

Now for drill used for ends in receiving passes. We line them up and send them down 8-10 yards and try to have them handle high passes with only one hand. We use this going both to the right and left. We think it tends to have the man use proper technique in catching the ball with fingers spread and hand cupped.

Drill we use for downfield blocking is shown in Diagram No. 2.

Diagram No. 2.

The ball carrier (dot in circles) follows the blocker toward the tackler; upon drawing close, the runner fakes to either side starting the tackler in that direction. The blocker then makes his block and the ball carrier cuts in the opposite direction. This drill can be used against the dummies or as line variety.

BALL-CARRYING DRILLS

Diagram No. 3 shows drill to develop hard running and holding onto the ball.

Diagram No. 3.

Backs line up with the ball and try and drive through the setup of dummies.

The next drill was used before the rubber rationing period. It cannot be used now, as all these tires stand waiting to be used on my car. Kidding aside, here is a drill to develop cross-over step, side-step, etc. Drill shown in Diagram No. 4.

Back runs through tires placed on the ground as follows:

(A) Put left foot in first tier, proceeding with right into the next, and so on. (This develops cross-over-step).

(Continued on page 25)

Diagram 1

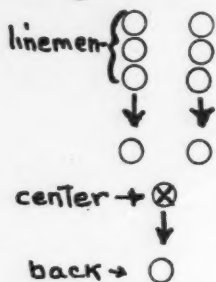


Diagram 2



Diagram 3

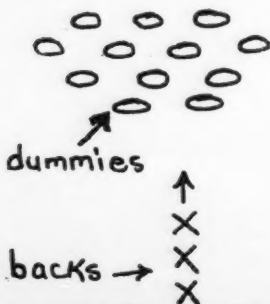
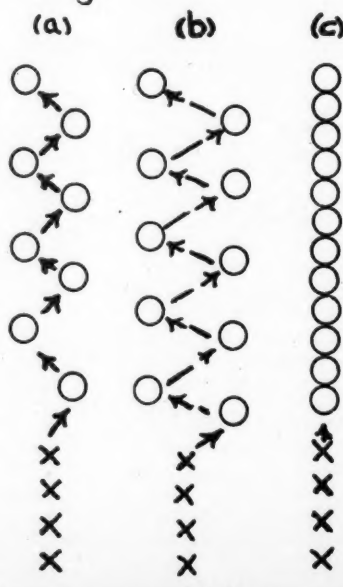
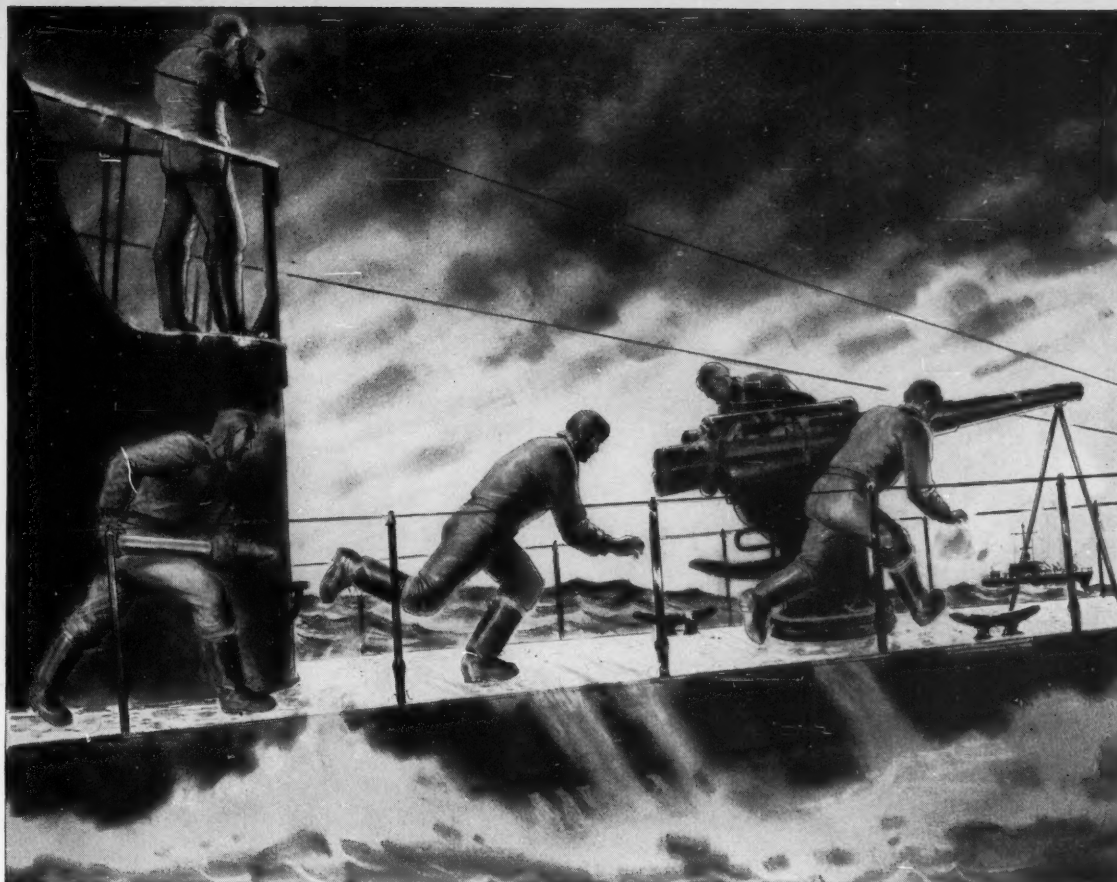


Diagram 4





FROZEN FEET CAN'T FIGHT!

It's cold on the Arctic convoy routes. So cold that if a man lost his footing and fell into the icy waters, he would freeze completely in a matter of minutes. On the pitching deck of a surfaced sub, feet must be kept warm, dry—they must be sure.

The Navy turned to Keds for special Sea Boots. Specifications: "warm"—roomy enough to be worn over three pairs of wool socks and two felt insoles. They had to be easy to get into, and out of. "Skid-proof"—so we used our Sperry Top-Sider sole that grips slick surfaces like a tire tread. Finally, "thick heels"— $\frac{5}{8}$ inches deep with cleats for climbing conning tower ladders.

The Navy has found surefootedness a vital factor in the defense of humanity. When you think of the Keds you would like to be able to buy—think of Keds Sea Boots, keeping feet warm and safe, on duty guarding the fighting tools of Victory—the Victory that will bring Keds back to you again for everyday sports.

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UNITED STATES RUBBER COMPANY

Southern COACH & ATHLETE

A Magazine for Coaches, Players, Officials and Fans

Vol. VI

September, 1943

No. 1

Official Publication

Georgia Athletic Coaches Association
Georgia Football Officials Association
Southern Collegiate Basketball Officials Association
Southern Football Officials Association
Alabama High School Coaches Association
Florida Athletic Coaches Association
South Carolina High School League
Louisiana High School Coaches Association
Mid-South Association of Private Schools

DWIGHT KEITH, Editor and Business Manager

Team-work

With this issue, SOUTHERN COACH & ATHLETE begins its sixth year as the athletic medium of the South. We are proud of the service we have rendered. We know we have been filling a need, for expressions of appreciation have come from college presidents, coaches of all rank, players, trainers, officials, school administrators and sports fans. Our growth has been steady—and more rapid than we had hoped it would be. Yet, it has been a natural growth. No high-pressure promotion schemes have been employed. No shots in the arm have been needed.

From the beginning we have announced and followed the policy of serving, conscientiously and impartially, the highest and best interest of wholesome amateur sports. The respect and good will which we have earned, and the whole-hearted cooperation which we receive from the schools and associations is eloquent proof that we have stuck well to that purpose.

Along with our pride is a strong sense of responsibility to keep the faith and to merit the confidence and cooperation of coaches, publicity men, athletic officials, school administrators, trainers, sports fans and advertisers. It is our purpose to make the magazine better each year. You can help. May we remind you of one specific thing you can do?

Getting out a publication of this kind is quite an expensive enterprise. Most of this expense is borne by our advertisers. It is only reasonable and fair that we should favor those firms that make our medium possible. Before buying, always look over our list of advertisers and patronize those who patronize us. That's nothing more than plain team-work, which you preach to your boys every day. Let's practice it, and we will all grow in strength and in service to each other!

Keep 'em Playing

The Georgia High School Association has relaxed the teacher-coach rule to permit a person not a member of the faculty to serve as coach of the athletic teams in the high schools of Georgia. Such person must be approved by the local school board and the school must assume the same responsibility for his actions as it would for a regular faculty member. In cases where a non-faculty-member coach is used, his name must be submitted to the district executive committee.

This action of the Georgia High School Association is wise and timely. It does not put the high school program into the hands of the "drug store cowboys," but it does give schools more latitude in finding coaches to direct their athletic programs during the war. This should help many schools continue their inter-scholastic program.

Some schools have been too quick to "throw in the towel." The sports program should be continued wherever possible. This does not mean that the intra-mural and physical fitness program for the mass is to be neglected. That should be coordinated and synchronized with the inter-scholastic and inter-collegiate program. More than ever before, both are needed for physical fitness, and for student and community morale. We know the difficulties that lie in the way, but a sportsman responds to a challenge. He likes to be in there when the going is tough. LET'S KEEP 'EM PLAYING!

The Will to Win!

Wallace Wade, in recommending Hugh Barr Miller to the Navy, wrote that the young man had plenty of fortitude and that he could take care of himself.

On the night of July 4 Miller was plunged into the waters of Kula Gulf, when the U. S. destroyer Strong was sunk. Severely injured, he ordered three companions to leave him and save themselves. Forty-three days later Lieutenant Miller returned, after harrowing experiences, from the list of the missing. HE HAD TAKEN CARE OF HIMSELF! "My football training under Wade, plus my experience since boyhood in the hunting and outdoor life of Alabama, undoubtedly are responsible for the fact I am alive today," he said.

Tommy Harmon gave his football legs credit for bringing him out of the Brazilian jungle.

Competitive sports do more than build muscle—they develop a will to win. This spirit has saved the lives of many of our boys in this war, and it is helping to save America. Read Mr. Icely's excellent editorial on the opposite page.



AFTER THIS WAR ... An Ever READY America!

By L. B. ICELY, President

BUT for the grace of God, and the protecting breadth of our oceans, *we* might have been another France, another Poland, or another Greece.

With this fearful lesson on the value of preparedness still fresh in mind, let us here and now *resolve*, as a nation, that *never again* shall America be caught physically unprepared and untrained.

Our national purpose in this war is to help establish worldwide peace and freedom.

But—let us resolve that *from this war on*, America shall be a *physically fit, ever ready people*.

First—let us see that our returning fighters are *kept* in good condition, through participation in organized sports and vigorous games, to form the nucleus of the new, *physically fit* America.

Through compulsory Physical Training in our schools, colleges and universities, let us train *all* of America's youth, from the begin-

ning, to be robust, strong and adept in the skills and abilities that football, basketball, baseball, tennis, boxing, and other American competitive sports develop.

Let us broaden the application of Industrial Recreation so that *all* the millions of young men and women who work in our great industrial plants may have access to organized sports and games that will keep *them* healthy and vigorous.

Let there be more golf clubs, more tennis and badminton courts, more play fields and gymnasiums, and organized participation in them by more business executives and office workers.

Let there be more help for that part of the youth of America whose only playgrounds are the sand lots of our cities and towns.

As a vital factor in our Postwar planning let us establish new and higher physical standards for *all* of America.

Let us resolve that not only our industrial and economic machinery, but our millions of Human Machines shall be physically equal to the challenge of our job as leaders in world restoration and progress after the war.

Let us now, therefore, dedicate this great, democratic nation of ours to the proposition that all men everywhere are entitled to Freedom from Fear, Freedom from Want, Freedom of Speech and Freedom of Worship. *But* let us also be a *Nation of athletes*—ever ready, if need be, to sustain our rights by the might of millions of physically fit sports-trained, freedom-loving Americans.

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SPORTS EQUIPMENT

IT'S WILSON TODAY IN SPORTS EQUIPMENT

MID-SOUTH ATHLETICS

By C. M. S. McILWAINE
Secretary, Mid-South Association of Private Schools

WHEN McCallie won the baseball title from C. M. A. May 13th at Sewanee with a 5 to 3 victory, the Mid-South Association of Private Schools concluded its sports program for the school year 1942-43, a program which the prep body believes is playing an important part in conditioning its boys for the sterner tests which lie ahead. In five sports, basketball, golf, track, tennis and swimming, titles were decided by Mid-South tournaments or meets, in football, the unofficial championship is figured on a percentage basis, and in baseball Eastern and Western winners met in a play-off game.

Four schools figured in the seven championships with McCallie, T. M. I. and Castle Heights winning two each, and Baylor carrying away the seventh, the track crown which has gone to the Rikemen in twelve of the last thirteen years. McCallie's pair were tennis and baseball, T. M. I. took the football and golf titles, and Castle Heights was tops in basketball and swimming.

Figuring on a 5, 3, 2, 1 basis for finishing in the top four spots in any sport, McCallie tops the list with 20 points gained from its two titles, the runner-up honors in basketball, track and swimming, and a fourth place in golf. T. M. I. ranks next with 16 points from its two titles and third place honors in basketball, track and swimming. Castle Heights with a tie for second in tennis, a tie for third in baseball and a fourth in track to add to its championships earned 14½ points with Baylor gaining 12 points from the track title, runner-up in football, third in golf, and fourth in basketball and swimming.

C. M. A., the only other school to place in two sports was second in baseball and tied for second in tennis. S. M. A. garnered runner-up honors in golf, with M. B. A. ranking third in football, David Lipscomb tying for second in tennis, St. Andrews tying for third in baseball, and B. G. A. ranking fourth in football.

In sports in which only two or three schools participated T. M. I. carried off boxing honors, McCallie was undefeated in soccer, and Baylor led in weight-lifting and wrestling.

A brief resume follows of the various sports, starting with the grid season, in which T. M. I. was the only unbeaten team, though tied by both McCallie and Castle Heights, and ended the season with five wins and two ties. Baylor was next with five wins and a loss, followed by M. B. A. with four wins and a loss and B. G. A. with three wins and a loss. Heights and McCallie both had powerful teams at their best, but failed to place due to erratic play. Harry Robinson of McCallie led the balloting for the all-Mid-South eleven, and was named captain of the team.

In basketball, an inspired Castle Heights five downed McCallie in the tourney finals to win the seventh Mid-South title for the Lebanon crew. T. M. I. won from Baylor in the consolation to take third place. Parker and Eversole of Heights, Payne and Williams of McCallie, and Bowyer of T. M. I. made the all-Mid-South. Features included Jack Payne's setting an all-time McCallie scoring record of 359 points during the season, and the fine tournament play of a Baylor team which was given no chance to reach the round of four on its season's play.

The golf championship was decided next at Meadowlake Club, Chattanooga, with Bobby Carr of T. M. I. winning medalist honors a stroke ahead of his teammate, Jack Bandy. The T. M. I. foursome had a commanding lead for team honors, with S. M. A. nosing out Baylor for

second, and McCallie coming fourth.

Bryan, Gaskin, Steffy and Weigle scored 52 points to give Baylor the track title at Sewanee with McCallie shading T. M. I. for second place, and Castle Heights finishing a poor fourth. Richards of McCallie set the only new record in the 880-yard run, and Baylor and McCallie split the two relays.

In tennis, also held at Sewanee, McCallie won the team title with 19 points, with Castle Heights, C. M. A., and David Lipscomb tying for second place with 8 points each.

McIntosh of David Lipscomb won the singles title, King and Frere of McCallie won the doubles, and King also annexed the "B" singles crown.

In the swimming meet held at McCallie Lake, the winner also more than doubled the score on the runner-up with Castle Heights scoring 81 points, McCallie 29, T. M. I. 24, and Baylor 11 in the first four places. Heights won every event, and Fisher won high point honors.

In baseball, C. M. A. won the Western title with Castle Heights runner-up, and McCallie took Eastern honors from St. Andrews after winning from Baylor. Levi Bridger pitched the Ridgers to the title in the first official Mid-South title chase. Thompson, Sterchi and Spears of McCallie hit hard to win the game. Clevenger of C. M. A. pitched good ball but his teammates failed to hit in the pinches.

(Continued on page 20)

MID-SOUTH ASSOCIATION SPORTS STANDINGS FOR SCHOOL YEAR 1942-43

(Based on point values of 5, 3, 2, 1 for first four places in seven sports in which six or more schools participated)

School	Football 14 Sch.	Basketball 11 Sch.	Golf 6 Sch.	Track 7 Sch.	Tennis 8 Sch.	Swim 6 Sch.	Baseball 8 Sch.	Total Points
McCallie		3	1	3	5	3	5	20
T. M. I.	5	2	5	2		2		16
C. Heights		5		1	2	5	1½	14½
Baylor	3	1	2	5		1		12
C. M. A.					2		3	5
S. M. A.			3					3
M. B. A.	2							2
David Lipscomb					2			2
St. Andrews							1½	1½
B. G. A.	1							1

In sports in which only two or three schools participated the following schools were leaders: Boxing—T. M. I. Soccer—McCallie. Weight-lifting—Baylor. Wrestling—Baylor.

THE BULLETIN BOARD

Attention, Georgia Coaches!

The annual meeting of the Georgia Athletic Coaches Association was not held in August this year, due to the fact that the coaching clinic was not conducted. To insure a large attendance at our meeting, it will be held in Atlanta on a Saturday when a good football game is scheduled at Grant Field. The exact date will be announced in the October issue of SOUTHERN COACH & ATHLETE. Coaches are urged to mail their \$1.00 membership dues now to Dwight Keith, Secretary, 751 Park Drive, N.E., Atlanta, Ga.

The football schedule of the Southern and Southeastern Conferences, which is always compiled by T. L. Johnson and carried in our September issue, is not now available. Many of the schools are still revising their schedules, and the schedule we could give you now would be too incomplete to be of much value.

Tom Moorner, who did such a fine job at Griffin High School last year, has taken the job at Miami Senior High.

Sammy West has moved from Samson High to Oxford, Ala. He will have as his assistant A. A. Hamric, coach at White Plains last year.

Coach L. L. McLucas, Secretary of the Florida Coaches Association, is moving from Sanford to Andrew Jackson High at Jacksonville this fall.

L. Jack Smith, President of the Florida Athletic Coaches Association and former coach at Ocala, is taking the head coaching job at Andrew Jackson. Andrew Jackson is getting a corner on the Florida officers. The Ocala job will be filled by J. C. Bastel.

Other Florida changes announced: Coach Friend goes to Landon High and Tom Bishop takes the Gainesville job.

Coaches and sportsmen throughout Georgia and the Southeast learn with interest of the new set-up at Tom Slate Athletic Equipment Company, successor to Slate & Sington. Tom has acquired full interest in the business and has secured the services of Mr. A. P. Jette. Mr. Jette brings with him a rich background,

having served with A. G. Spalding & Bros. for 34 years and with John A. Jarrell, Inc., the past three years. He has had factory and retail experience and is an expert at racquet restringing. He has long been active as a fisherman, tennis player, golfer, and is well informed on all types of sports.

Henry R. (Red) Sanders, former head football coach and athletic director at Vanderbilt University, is now a lieutenant in the Navy, stationed at Chapel Hill, N. C. Sanders is in charge of a platoon of cadets.

James A. Scoggins, freshman coach and varsity assistant at Vanderbilt, is an ensign in the Navy, stationed at Iowa Pre-Flight School. Scoggins is connected with the physical fitness program.

Norman Cooper, line coach and head basketball coach at Vanderbilt, is an ensign in the Navy, stationed at Quonset Point; R. I. Cooper, a graduate of Howard College at Birmingham and a former professional football player with the Brooklyn Dodgers, is in aviation.

Howard Allen, head coach at Montgomery Bell Academy, Nashville, for the past eight years, has been named headmaster of the school but will continue to coach its athletic teams. Allen succeeds James Farrell, also a former coach, who has gone into the Army after serving as headmaster for one year.

Julian Crocker, a native of Nashville, has been named head coach and athletic director at Columbia Military Academy, succeeding Charley Hughes, now in the Navy.

Herc Alley, former All-Southern end at the University of Tennessee and for the last three years an assistant at Vanderbilt under Red Sanders, now heads the school's coaching staff. While Vanderbilt has abandoned varsity football for the duration, Alley still hopes to have some sort of grid sport this fall. Currently he is heading the Army's physical fitness program at the university, assisted by "Doby" Bartling, former head coach at Meridian, Miss.; Gus Morrow, former head football coach at Cumberland University of Lebanon, Tenn., and William J. Anderson, veteran Vanderbilt track coach.

FOOTBALL OFFICIALS IN THE SERVICE

Lt. R. A. Collier of Statesville, N. C., has been serving in the U. S. Army since Pearl Harbor. His present address is APO 4145, care Postmaster, New York, N. Y.

Capt. Neal A. Collins of Montgomery, Ala., is with the Army Air Forces Technical Training Command, Keesler Field, Miss.

Captain Charles Moss of McCormick, S. C., is stationed at Ft. Benning, Ga.

Major General Gus H. Franke of Auburn, Ala., is with the War Department Dependency Board, Room 3064, Munitions Bldg., Washington, D. C.

Lt. Col. Thomas Fuller, of Fayetteville, N. C., is in charge of Transportation in North Africa.

Capt. Robert A. Wilson of Miami, Fla., is Personnel Adjutant, Headquarters of the Army Air Forces, War Department, Washington, D. C.

(Continued on page 26)

THE BEST DRESSED MEN WEAR



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MID-SOUTH ATHLETICS

(Continued from page 18)

1943 OUTLOOK

Football in the Mid-South Association of Private Schools will go on very much as usual this fall, according to advance reports from the prep schools in Tennessee and Georgia which make up the organization, although more than half of the schools will enter the football wars with a new head coach at the helm.

Among the coaches who will be at the old stand are W. D. Haynes of T. M. I., who led his Sweetwater Cadets to the Mid-South championship last fall, K. H. "Bitsy" Howard of McCallie, Ralph Lucas of Castle Heights, H. B. "Humpy" Heywood of Baylor, and Alva "Kid" Clay of Riverside, but among the familiar faces which will be missing are C. E. "Son" Sammons of Darlington, who has gone into business; Charlie Hughes of Columbia Military Acad-

emy, who has entered the Navy; Turney Ford of B. G. A., who is in the Army; P. J. "Pete" Garland of Sewanee Military Academy, who keeps the job of athletic director on the mountain but has given up his football coaching duties; and Doc McKay of G. M. A., who is in the service.

Among the new coaches taking over the major responsibilities for the first time are Harry Milligan, who moves up from an assistant's berth at Darlington; Julian Crocker, who makes the same advance at C. M. A.; Captain Paul Robinson, at S. M. A.; Dan Spear, at Notre Dame of Chattanooga; Ira Jones, at Battle Ground Academy; John Patrick, at Georgia Military Academy; and John Morgan, at Morgan School.

T. M. I.'s defending champions and McCallie have each scheduled seven Mid-South games, with Sewanee Military Academy scheduling six, and Baylor, Castle Heights, C. M. A. and Morgan, five each. B. G. A., Notre Dame and Riverside will meet four league opponents, with G. M. A. and Darlington meeting three, and Duncan of Nashville two. Montgomery-Bell Academy of Nashville, last year a member of the association, has withdrawn and joined the Tennessee Secondary School Athletic Association, leaving thirteen member schools with grid teams this year. St. Andrews and Baxter Seminary played no association games last year and this year have given up the grid sport.

Transportation difficulties have made most teams seek opposition nearer home, and as a result member schools located on the fringe of the association will have less Mid-South competition than usual, but it is the policy of most schools to continue as full an athletic program as possible. Sewanee is scheduling games with high schools on September 3 and 10 while their summer session is still in operation, then plays a seven-game schedule in October and November, all but one game of which is against Mid-South opposition. Riverside is playing a shorter schedule than usual as their fall term does not open until September 26, but for the most part

schedules run from eight to ten games.

Joe Steffy of Baylor and Bob Folger of T. M. I., both guards, are the only members of last year's all-Mid-South team expected back in prep competition this fall, and most teams report inexperienced squads. Many boys who in normal times would take an extra year of prep competition have gone on into a tougher game. Cooper of T. M. I., center on the second all-Mid-South and high point man at the Mid-South track meet last spring also returns, and Smith of McCallie, mentioned at tackle on the third team, returns. Castle Heights reports seven to nine letter men returning, McCallie expects nine back, C. M. A. seven, B. G. A. six, T. M. I. five, S. M. A. three, and Darlington two.

Evidently the title race this fall will be a wide-open affair with results depending largely on new men coming in to fill gaps, and younger players up from the junior varsities. Without doubt 1943 will see the youngest teams as a whole which have ever represented the various schools. Although several changes may be made here and there, for the most part the following is a list of games in the loop for 1943: (Dates given for a game give the Friday of the week the game is scheduled but not necessarily the exact day.)

OCT. 1. B. G. A. at Duncan; Castle Heights at Baylor; C. M. A. at McCallie; T. M. I. at G. M. A.

OCT. 8. S. M. A. at McCallie; Notre Dame at T. M. I.

OCT. 15. B. G. A. at Morgan; Riverside at Baylor; Notre Dame at Darlington; T. M. I. at Castle Heights.

OCT. 22. C. M. A. at Morgan; Notre Dame at McCallie; Duncan at S. M. A.

OCT. 29. C. M. A. at S. M. A.; McCallie at Riverside; Morgan at Baylor; T. M. I. at B. G. A.

NOV. 5. C. M. A. at Baylor; Darlington at T. M. I.; McCallie at Castle Heights; Morgan at S. M. A.

NOV. 12. Baylor at G. M. A.; Castle Heights at C. M. A.; Notre Dame at S. M. A.; Riverside at T. M. I.

NOV. 19. Notre Dame at S. M. A.; T. M. I. at Riverside.

NOV. 26. Darlington at McCallie; Morgan at Castle Heights; Riverside at G. M. A.

With thirty Mid-South games scheduled as compared with thirty-five last year, the drop is due to transportation problems rather than to curtailment of schedules.

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PASS PROTECTION*(Continued from page 12)*

ball and then picks up the right guard with his left shoulder. The right guard pulls out by stepping out with his left foot, taking a cross step with his right foot, and then a short hop to get set squarely in front of the end. We practice our right guard a great deal in getting set. When he is set, he is instructed to pick the end up, always pointing his head in the direction in which the end is trying to go. The right tackle takes two short steps backward and from a high stance picks up the left guard. It is very important for this right tackle to keep his balance, and we also want him to be sure his head is in front of the man he is blocking. The left tackle in blocking the defensive left tackle should step out with his right leg and be at a 45 degree angle to the line of scrimmage. When he steps back with the right leg he should pivot on his left foot. He then waits for the tackle to show up and blocks him with his left shoulder. A common mistake for the left tackle is for him to get too far away from his right tackle and allow the defensive tackle to either break on the inside or outside of him. The correct thing to do is to keep the inside closed and force the defensive tackle to take the outside.

In the five diagrams I have drawn, I have the blocking back always on the end to the strong side. Instead of putting the blocking back on him, you may substitute the fullback. If you want to send four pass receivers out, you may send your two ends, wingback, and either the blocking back or fullback. By using man to man blocking you will always be in a position to send out four receivers if you desire. Also by having an extra blocker in your backfield you might find that you are having trouble with one particular man and you will be able to assign two men to him.

It might be that diagram 2 will work better for you than diagram 1. I have worked a little on diagram 3 and, to be frank about it, I got this idea of pass protection from playing teams that used the T-formation. We have used the blocking shown in diagrams 1, 2 and 4, and in some games have had fairly good pass protection.

FOOTBALL RULES*(Continued from page 13)*

of these are merely for purposes of simplification and cover situations which occur only at rare intervals. One of these is in connection with a double foul which occurs during an illegal forward pass or during a loose ball not from scrimmage. In such case, the ball is put in play at the spot of the loose ball. In the past, there was some question as to whether the ball should be returned to the spot where it was put in play and the down replayed. Another slight modification which formerly resulted in several rule exceptions is in connection with the try-for-point. For such try, the ball is always snapped from the mid-point of B's two-yard line, and, if there should be a foul by B during the try, the spot of enforcement is the same as for any other down, i. e., Team A is not permitted to move the ball anywhere along the proper yard line.

Omission on page 52: In the table at the top of page 52, part b may also result in a touchdown. Hence the second column statement should be "touchback or touchdown." The correct ruling is given in Play (1) which follows the table.

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PHYSICAL TRAINING IN THE ARMY

(Continued from page 11)

but because of their proved value in escaping from disasters at sea, special emphasis is placed on the elementary breast stroke, the back stroke, and the side stroke.

Speed is secondary to endurance. The first objective is to teach men to swim and float for long periods of time. Underwater swimming is also of value in escaping from various hazards and ASTP soldiers are expected to swim sixty feet without rising to the surface.

Life-saving, including various holds and their releases, effective carries, artificial respiration, securing in pairs to floating objects, etc., constitutes the second stage of instruction.

The third phase of aquatic instruction covers numerous items contributing to general water safety. Jumping (not diving) from towers, attaching properly to a line for rescue, improvising rafts from floating objects, and approved tactics in avoiding injury from wreckage, oil, depth bombs, fire, or predatory fish are some of the techniques taught and practiced.

The training in aquatics also provides for practice with, as well as without, clothing, including the use



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COMBATIVES

Through practice in combatives, trainees learn how best to use the weapons nature gave them—the hands, feet, knees, elbows and head. Instruction is offered in boxing, wrestling, judo tricks, rough and tumble fighting, and stick sabering. Special stress is placed on proper footwork and on general body maneuverability.

In addition to the standard tactics, techniques, and procedures involved in competitive wrestling and boxing, many entirely unorthodox maneuvers are included to the end that the trainees may be prepared to handle themselves under whatever conditions they may encounter. Also, novelty contests of various kinds are employed to add zest and interest to the work and to develop competitive spirit.

During the earlier stages of instruction in this field the various maneuvers are practiced as exercises but later on, when sufficient skill has been acquired, the men are paired off for actual competition, under adequate supervision, in some phases of the work.

GYMNASTICS AND OBSTACLE COURSES

The chief object of instruction in gymnastics is the development of the kinesthetic sense, balance, and certain kinds of body control, particularly while supporting the weight by means of the arms and hands. It is also one of the best areas of activity for the much-needed development of the arms and shoulders.

Exercises utilizing the horse, parallel bars, horizontal bar, ropes and mats are stressed and they are planned with a view to developing skills that will be of greatest use in the field.

This phase of training naturally culminates in work on the obstacle course in which the skills previously learned as exercises are put to more practical tests.

TEAM SPORTS

In team sports the will to win through coordinated team play and discipline is the first objective. Teams are evenly matched with incentive to develop hard, aggressive play and a fighting, competitive spirit.

Other objectives are the improvement of cardio-respiratory endurance, speed and agility, and the development of the large muscle groups, particularly of the legs.

The list of sports which may be employed in this area is limited only by the availability of facilities and equipment, by trainee interest, and

by the ingenuity of the instructors.

INTRAMURAL CONTESTS

In further recognition of the value of teamwork and athletic competition in teaching men to think quickly and act vigorously in the face of strong opposition, and as a means of inculcating a "will to win," extra-curricular, intramural contests in competitive team sports within the units are encouraged.

POLICY ON INTERCOLLEGIATE ATHLETICS

There has been considerable discussion regarding the Army's policy on intercollegiate athletics for its soldier-trainees. The War Department has never been unmindful of the fact that a well trained athlete is an asset on the battlefield, particularly in hand-to-hand combat. It does not follow, however, that sports must be played at the intercollegiate level to produce the desired development. As indicated above, competition in many sports is provided in the Army Specialized Training Program but, in keeping with established Army policy, it involves all trainees, to the extent of their capacities and within the time limits imposed by the exacting schedule, rather than the relatively few who might qualify for intercollegiate competition.

The issue has not been over the value of football and other sports as a means of developing soldiers. Rather, it has been whether or not the War Department would be justified in setting aside for advanced physical training, affecting only a handful of men in each group of trainees, the hours which are now going into the development of technical skills urgently needed by the Army. The answer, after careful consideration of all factors involved, is that the War Department does not consider it advisable for these groups of potential specialists to give to athletics the time required for intercollegiate competition. The hours needed for instruction, laboratory work, and supervised study simply do not allow a sufficient leeway of time for the special training required for satisfactory performance in athletics at the intercollegiate level.

PHYSICAL EFFICIENCY TESTS

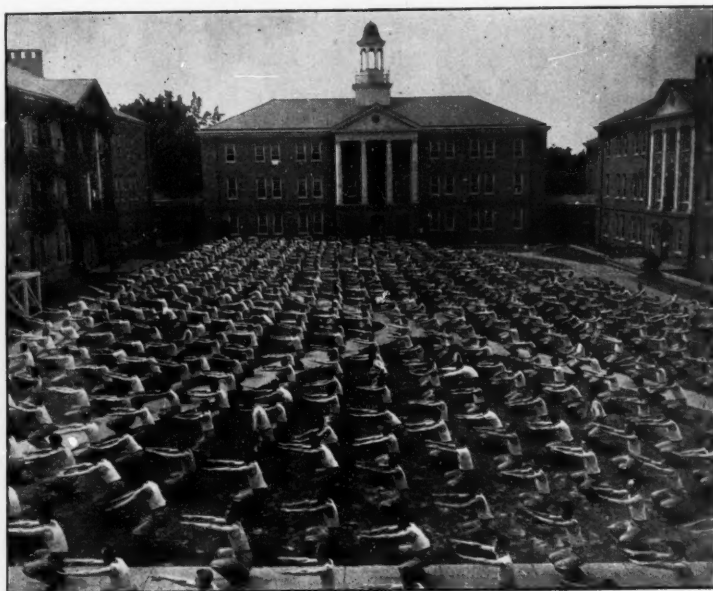
As indicated earlier in this article, the physical efficiency of each trainee is tested at the beginning of his training and at the end of each term by means of a simple but effective battery of tests. The tests, together with the resulting Physical Efficiency Rating, provide a ready means of (1) motivating the individual trainee, (2) determining his over-all improvement, and (3) com-



"They fly through the air with the greatest of ease." Soldier-trainees at Ohio State speed over the obstacle course.



Basketball Army-style means everyone participates. Fifteen outdoor courts at Texas A. & M. are all in use.



Soldier-trainees in mass calisthenics at North Carolina State's STAR Unit. This is one of the thirty-one STAR Units where final "screening" takes place prior to assignment to a regular Army Specialized Training Unit.
(Photos by U. S. Army Signal Corps)

paring individual and group performances. Also, the physical efficiency tests, uniformly administered, provide a reasonable basis for comparing the effectiveness of the program as conducted at the various institutions. As a result, it is expected that trainees and instructors of each institution will compete with those of other institutions in their efforts to develop the highest level of physical efficiency.

A number of directors have reported that they expected to put on the best programs to be found anywhere in the country. This competitive urge is natural to Americans and it is being counted upon to produce maximum results.

In a very real sense it might be said that the Army Specialized Training Program constitutes the largest university in the world. The maximum quota of trainees at any one time has been set at 150,000 men; the "faculty" already is numbered in the thousands, and the facilities extend from coast to coast. This "university" has definite objectives. One of them is the development of first-class physical condition in all of the "students." Responsibility for the achievement of this goal rests with the physical educators and coaches. The job is in good hands. That it is being well done has already been demonstrated; that it will be even better done is confidently expected.

Editor's Note.—In the October issue we will carry an article on the Navy physical training program, written by H. E. Kenney, Lieutenant, USNR, Physical Training Officer of the Sixth Naval District.

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SOUTHERN SCHOOLS

(Continued from page 9)

school curriculum, pre-induction courses are now being offered in the fundamentals of electricity, radio, machines, automotive mechanics, shopwork, map reading, plane table work, signalling, the use of the slide rule, firing data tables, weather prediction, rifle range practice, applied mathematics and science, and special courses in English, mathematics, science, and history, designed primarily to prepare candidates for admission to the United States Military and Naval Academies, and for Army and Navy examinations. This program has proved most gratifying. In a national achievement test based on College Entrance norms, seniors who received the diploma of graduation made outstanding records, especially in mathematics and science. More than 75 per cent ranked above the 90 percentile mark in mathematics, and more than 50 per cent ranked above the 90 percentile in science. The majority of the class of '43 are now in college under the Navy College Program and Army Specialized Program (V-12 and A-12), having made enviable records in the Army and Navy mental and physical tests.

In order to meet the needs of older boys who wished to complete their secondary school education before induction into the armed services, or to enter the accelerated program of the colleges at the earliest possible date, Darlington has held, during the past summer, a summer session, stressing courses recommended by the Army and Navy authorities. The success of the summer session with its six-day week, full hour class periods, and concentration of effort, has far outrun even the fondest hopes.

For the past three years, in addition to the usual athletic program, Darlington has had an effective program of military drill and physical conditioning. One period a day throughout the school year is devoted to military training under the direction of Headmaster E. L. Wright, ex-First Lieutenant, U. S. Marine Corps. From time to time local army officers have also given their services in helping to train the cadet officers in the fundamentals.

At the end of each year the Darlington Battalion is reviewed and inspected by Army officers. Their reports have been most laudatory. The inspecting officer sent by Major General John P. Smith described the Darlington military program as "ideal." With reference to the final review, his report said: "On their well-lighted drill field before a large and appreciative audience, the student body gave drills involving the School of the Soldier, squad movements, platoon movements, company movements, and battalion movements. All of these movements were carried out with such a degree of accuracy and precision as to show beyond any doubt that the boys have been well trained and well disciplined. For the exercises the newly organized school band of forty pieces performed well."

ATHLETICS

Physical fitness has always been one of the goals at Darlington. Football has held its place in the school since the very first year of the existence of Darlington. The Tigers have given a good account of themselves in the inter-scholastic competitions of the Mid-South, while, on campus, physical exercise every day for every boy has long been the rule. Within the last four years, the Tigers have won the Mid-South football championship once and tied for it once. The 1942 tennis team won the Mid-South championship.

Much of Darlington's reputation for hard-hitting but sportsmanlike

teams is due to Coach C. E. "Son" Sammons, who for the past eleven years has been head coach. Mr. Sammons is this year to be succeeded by Coach H. C. "Mike" Milligan, who for the past three years has been his assistant. Mr. Milligan, star fullback as an undergraduate at Georgia Tech, has had nine years' varied experience in coaching prep school athletics at Darlington and elsewhere. He is entering upon his new duties as director of athletics with energy and enthusiasm despite wartime handicaps in the matter of transportation and of obtaining athletic equipment. Mr. Milligan will be assisted by Mr. R. H. Cobb and Mr. W. T. Maddox of the Darlington faculty. The more proficient of the members of the Varsity squads will be given an opportunity to develop leadership by coaching some of the intramural groups.

The football schedule for this season has long since been complete, and it is intended that Darlington teams shall participate also in all other varsity sports, basketball, track, tennis, golf, and swimming. A more extensive intramural program is also being worked out along with a reorganization of the military (Commando) conditioning program.

Participation in the intramural program will be required of all those not in training for Varsity squads. The intramural program will be organized according to a definite schedule of coaching periods followed by team competitions; groups will be organized in such a way as to provide complete teams in each sport. Intramural competitions for the fall season will include football, wrestling, military track (Commando), swimming, touch football, and tennis. The winter program will consist of basketball, soccer, touch football, military track, gym, and calisthenics. In the spring there will be competitions in baseball, track, tennis, swimming, and golf.

The military conditioning program, which runs throughout the year, will be reorganized for those who elect to take it in preference to, or along with, participation in Varsity or intramural sports. This rigorous program will consist of various "routines."

The indoor routine is to include such exercises as rope-climbing, push-ups, crawling, fireman's carry and lift, tumbling, and vaulting.

For the main outdoor routine, an extensive obstacle course a quarter

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of a mile long has been constructed on the wooded hillside behind the school. The course includes hurdles, vaults, log walking, wall scaling, and hand-over-hand walking on overhead pipes. Alternative routines will consist of a steeplechase and a cross-country course to be covered 50 steps running, 50 steps walking. All of these routines will be gradually stepped up in tempo as the participants become used to the strenuous exercise involved.

The lake will be utilized for still another routine consisting of such tests as the 440 non-stop swim, 15 minutes tread water, 25-yard cross chest carry, 50-yard tired swimmer's carry, swimming with hands and feet tied (to develop breathing in rough water), swimming with clothes on.

Results of the physical program are to be systematically checked by means of time records in the various events and periodic tabulation of the physical measurements of the participants.

EARLY SEASON DRILLS

(Continued from page 14)

Diagram 5

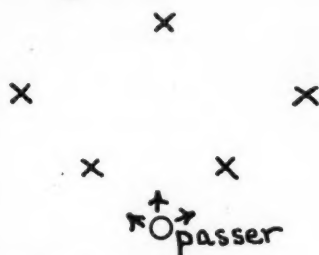
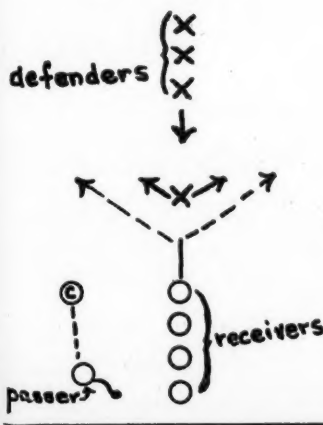


Diagram 6



(B) Put right foot in tire to right, stepping fast with left foot in on the left, then right, then left, and so on. (This develops side-step.)

(C) Back runs over the tires, putting one foot in each tire, if tires are doubled or made higher so much the better. (This develops high knee-action.)

Now for a drill to develop defensive agility and shiftiness, especially for purposes of pass defense. The players stand facing the coach. Upon the command "backward," "right" or "left," they run in these directions, always keeping their eyes upon the coach.

Another drill for perfection of pass defense is shown in diagram No. 5.

Diagram No. 5.

A defensive backfield lines up facing the passer. They hold still until the passer lets one go and then they try to catch the ball before it hits the ground.

Still another drill for practicing individual pass defense, one defensive man covering one offensive man is shown in Diagram No. 6.

Diagram No. 6.

I will close explaining a drill we use to develop the accuracy of our passers. We have a piece of canvas four feet by four feet which is attached to the cross-bar of the goal posts and tied at the bottom to the sides to make rigid. In this canvas a circular hole has been cut approximately twice the size of a football along the short axis. Then we line up our passers about ten yards away and they try to put ball through hole. After a while we move them back farther, and then, to make it even more difficult, we have them practice throwing at the hole on the run.

IN THE OCTOBER ISSUE

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